

BREASTFEEDING BASICS CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

BREATHING AND RELAXATION CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

CAR SEAT SAFETY FITTING: SAFE CAR SEAT INSTALLATION, BLDG 3504 (RED ROOF). PLEASE MAKE AN APPOINTMENT @531-6880/3776.

COUMADIN CLASS: NUTRITION COUNSELING FOR ALL PATIENTS ON COUMADIN. CALL 531-3129.

DIABETES EDUCATION CLASS: FOR ALL DIABETICS. BJACH NUTRITION CARE CLASSROOM. CALL 531-6880/3255.

DIABETES SUPPORT GROUP: FOR ALL DIABETIC BENEFICIARIES. BJACH CLASSROOM 2. CALL 531-3660.

FETAL DEVELOPMENT: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705

GETTING READY TO QUIT TOBACCO: FIRST STEP IN TOBACCO CESSATION PROGRAM. FT POLK EDUCATION CENTER, BLDG 660, ROOM 123. CALL 531-6880.

HEART HEALTHY CLASS: BJACH NUTRITION CARE DIVISION, NUTRITION CARE CLASSROOM. CALL 531-3129.

INTRODUCTION TO WEIGHT MANAGEMENT: FOR ALL BENEFICIARIES. BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

LABOR AND DELIVERY (L&D) CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

NEWBORN CARE: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

OB (PREGNANCY) NUTRITION: BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

PREGNANCY POSTPARTUM PHYSICAL TRAINING (PPPT) EDUCATION: BLDG 660. ROOM 101. ENROLLMENT CALL 531-4926.

SELF CARE/OVER THE COUNTER (SC/OTC) MEDICATION CLASS: REQUEST OTC MEDS WITHOUT COST. BLDG 3504 (RED ROOF) PREVENTIVE MEDICINE 531-6880. SCHEDULE A CLASS OR COMPLETE ON-LINE AT www.polk.amedd.army.mil AND FOLLOW INSTRUCTIONS.

SIBLING CLASS: FOR CHILDREN EXPECTING NEW SIBLINGS: BJACH 5TH FLOOR EAST, CLASSROOM #5. CALL 531-3705.

WEIGHT MANAGEMENT FOR ACTIVE DUTY (ARMY MOVE 1,2,3,4): BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

WEIGH2GEAUX WEIGHT MANAGEMENT CLASS: REFERRAL BY PRIMARY CARE PHYSICIAN. CALL 531-6880.

SEPTEMBER 2011



Mon	Tue	Wed	Thu	Fri
			1 PPPT EDUCATION 0730-0900 CAR SEAT FITTING 1330-1600	2 BJACH TRAINING HOLIDAY
5 LABOR DAY HOLIDAY	6 GETTING READY TO QUIT TOBACCO 1130-1300	7 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	8 PPPT EDUCATION 0730-0900 NEWBORN CARE 0900-1100 CAR SEAT FITTING 1330-1600	9 WELLNESS ACTIVITY @ BJACH 1000-1300 INTRO TO WEIGHT MANAGEMENT #3 1200
12 HEART HEALTHY 1200 DIABETES CLASS 1300-1430	13 SIBLING CLASS 1700-1800	14 BREATHING& RELAXATION 0900-1100 SC/OTC 1000-1100 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	15 PPPT EDUCATION 0730-0900 CAR SEAT FITTING 1330-1600	16 INTRO TO WEIGHT MANAGEMENT#4 1200
19 DIABETES CLASS 1200-1430	20 BREAST FEEDING 0900-1100	21 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	22 PPPT EDUCATION 0730-0900 DIABETES SUPPORT GROUP 0800-1130 L&D 1800-2000 CAR SEAT FITTING 1330-1600	23 WELLNESS ACTIVITY @ PX 1000-1300 INTRO TO WEIGHT MANAGEMENT #1 1200 WEIGH2GEAUX 1330-1500
26	27 FETAL DEVELOPMENT 0900-1100	28 SC/OTC 1000-1100 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	29 PPPT EDUCATION 0730-0900 CAR SEAT FITTING 1330-1600	30 INTRO TO WEIGHT MANAGEMENT #2 1200

SEPTEMBER IS NATIONAL CHOLESTEROL AND HEALTHY AGING MONTH

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions - **NO PRESCRIPTION NEEDED!**

BJACH
HEALTH PROMOTION
337-531-6880

There are several ways to complete the class!

Classes are offered the 2nd and 4th Wednesday every month at BJACH

Unit level or FRG meetings upon request

Other gatherings/meetings/training upon request

Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

OTC Group class dates:

14 SEP 2011

28 SEP 2011

1000 -1100

1000 -1100

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the **SELF CARE/OTC ON-LINE CLASS** hyperlink.

Dept. of Preventive Medicine, Bldg 3504 (Red Roof)

Call to request this class at your unit, workplace, FRG or club meeting!

You must pass the on-line test, print out your certificate and make an appointment with Health Promotion to be entered into the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

CALL TO SCHEDULE (337) 531-6880